

# Mashak Conceptual Study

Dr. Ramchandra Rathod<sup>1</sup>, Dr. Vihar Bidwai<sup>2</sup>, Dr. Madhuri Rao<sup>3</sup>

<sup>1</sup>HOD and Associate Professor, Department of Shalyatantra, GMS Ayurved Mahavidyalaya Pusad, India

<sup>2</sup>Vice Principal, HOD and Associate Professor, Department of Shalyatantra, GMS Ayurved Mahavidyalaya Pusad, India

<sup>3</sup>Principal HOD, Professor, Department of Kayachikitsa, GMS Ayurved Mahavidyalaya Pusad, India

**Abstract:** *The study concept is to find out Ayurvedic therapies on Mashak.*

**Keywords:** Mental, Spiritual health, Ayurvedic, Disease

## 1. Introduction

Ayurveda is the science which deals with human beings for their physical, mental, spiritual health. Ayurveda's approach towards the disease is holistic. Numerous therapeutic modalities have been advocated by our Acharyas in the management of every disease [1,2]. Ayurveda is divided into 8 branches. Out of them, one is Shalya i.e. Surgery [3].

The presently available Sushrut Samhita is not merely a surgical text. It is a comprehensive encyclopedic work on Ayurveda as a whole including its fundamental principles, concepts of health and etiopathogenesis of disease, methods of diagnosis, etc [4]. This also includes chapters describing the basic texts of experimental operative surgery for surgical training and codes. Shalya tantra deals with various types of shalyakarmas (surgeries) one of them is "Vaikrutapaham Chikitsa". Vikrutapaham Chikitsa deals with the "Cosmesis" [5].

Improper Ahar and vihar cause imbalance in the dosha's of the body which in turn gives rise to many diseases. Out of which some may be life-threatening and some may not. According to the dushti of srotas in the body, the vitiated dosha's imbeds themselves into the weakest srotas and a disease condition occurs. Accordingly, vitiated Vata dosha become responsible for dushti of Rakta, Meda, and Mansavah srotas which causes "Mashak"(Warts) [6,7].

Warts are benign papilloma's caused by a large group of Human Papilloma Virus (HPV) which are a large group of DNA viruses that are widely distributed in animals and humans [8,9]. These are of various types and are classified according to their shape and location. Warts distribution is worldwide though Warts are less common in most tropical regions, Warts can affect all ages and both genders, but are rare in infancy and early childhood. Plane Warts are usually seen in children and slightly more common in girls than boys. The peak age of onset for genital is the late teens to the early thirties [10].

In modern sciences, many treatment modalities for Warts are described like laser therapy, cryosurgery, etc. but according to Ayurveda Kshara karma, Agni Karma which is one of the Para surgical procedures mentioned by Acharya Sushrut, is one of the best treatments for Mashak.

## 2. Materials and Method

A literature study for Mashak and Warts is done referring to both Ayurvedic and Modern medicine books.

### Ayurvedic Perspective

#### Nirukti and paribhasha of mashaka

Acharya Sushrut has explained 44 Kshudra roga. Out of them, one is "Mashak".

Mashak is a disease caused due to the vitiation of doshas (vata and kapha), which may appear anywhere on the body involving twak and meda. Mashak is an eruptive skin disorder.

#### Nidana of Mashak

The causative factors responsible for Mashak are Nija Karanas. The Nija Karnas includes all those factors, which are responsible for the vitiation of tridoshas. These factors can be termed as intrinsic factors, dushti of vata and kapha dosha are responsible for Mashak formation.

#### Hetu of Vata prokop

AAHARAJ	C.S.	S.S.	A.H
Ati Tikta		+	+
Ati Katu		+	+
Ati Kasaya		+	+
Ati Ruksha	+	+	+
Ati Laghu	+	+	
Alap aahar	+	+	+
Ati Sheetala Ahara	+	+	
Vishmasan		+	+
Adhyasan		+	
Langhan	+	+	
Varaka sevan		+	
Udalaka sevan		+	
Krapusa sevan		+	
Syamaka sevan		+	
Mudga sevan		+	
Masura sevan		+	
Harenuka sevan		+	
Kalaya sevan		++	

VIHARAJ	C.S	S.S	A.H
Mutra vega dharan	+	+	+
Purish vega dharan	+	+	+
Sukra vega dharan	+	+	+
Chardi vega dharan	+	+	+

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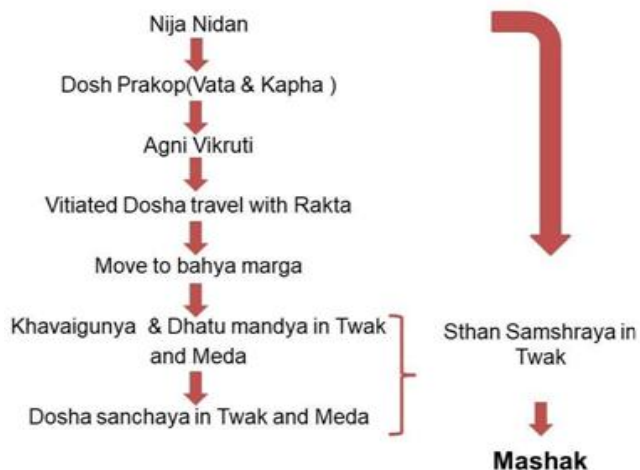
Shavathu vega dharan	+	+	+
Ratri jagran	+	+	+
Uchh bhashan			+
Bhaya			+
Shok	+		+
Chinta	+		+
Ati vayayam	+	+	+
Ati vyavaya	+	+	+
Prapatan	+	+	
Pradhavan		+	
Prapidan		+	+
Abhighat	+	+	+
Prataran		+	+
Bharharan		+	
Krodh	+		
Kriya atiyog			
Divya swapan	+		

### Hetu of Kapha Prakop

AAHARAJ	C.S.	S.S.	A.H
Ati madhur	+	+	+
Ati amla	+	+	+
Ati lavan	+	+	+
Ati sheet	+	+	+
Ati guru		+	+
Ati Snigdha		+	+
Ati pichhil		+	
Abhishyandi	+	+	+
Adhyasan	+	+	
Mahamash	+	+	
Godhum	+	+	
Til	+	+	
Pisthanna	+	+	
Aanup & Audak mansa	+	+	
Krushra	+	+	
Payas	+	+	
Kasheruk	+	+	
Shrungatak	+	+	

VIHARAJ	C.S	S.S	A.H
Aasya swapan	+		+
Ajrna	+		+
Ati vruhan			+
Divashayan	+	+	+
Avayayam	+	+	
Aalasya		+	

### Samprapti:



### Samprapti ghataka of mashak

Dosha	-	Vata and kapha dosha
Dushya	-	Rakta and Meda
Agni	-	Jatharagni and Dhatvagni
Ama	-	Tatjanyaama
Srotas	-	Rakta and Medavaha Sroto
Dusti prakar	-	Vimargagamana - Sanga Udbhavasthana
		Amashaya
Sancharisthan-sira Adhisthana and Meda Vyaktasthana	-	Rakta Twak
Twak and Meda. Rogamarga-Sadhyasadyata	-	Bahya Sukhasadhya

### Lakshana of Mashak

These are skin eruptions with the following characters

- 1) Painless
- 2) Fixed
- 3) Raised
- 4) Blackish like, massae

### Treatment

According to Acharya Sushruta and Vagbhata, mainly 2 treatment modalities for Mashak have been explained:

- 1) Ksharakarma
- 2) Agnikarma

### Modern perspective Warts

Warts are the benign tumors of the epidermis caused by the virus Human Papilloma Virus.

Human papillomavirus: These are non-enveloped DNA viruses of the Papovaviridae family and Papillomavirinae subfamily and these are approximately 55 nm in diameter.

### Classification of Warts

There are 2 categories of Warts-

#### 1) Cutaneous Warts

- Common Warts
  - Pigmented warts
  - Flat Warts
  - Plantar Warts
- #### 2) Mucosal Warts
- Genital Warts
  - Anal Warts (condyloma acuminata)
  - Buschke Lowensteintumor
  - Bowenoid papulosis
  - Recurrent respiratory papillomatosis
  - Heck's disease

### Treatment

Treatment of Warts include the following therapies

#### 1) Local destructivetherapy

- Cryotherapy
- Surgical ablation
- Laservaporization

**2) Topical cytotoxic therapy**

- Podophyllin
- Bleomycin

**3) Immunomodifiers**

- Topical: Imiquimod
- Systemic: Cidofovir, Cimetidine

**4) Immunotherapy****Discussion**

Aacharya Sushrut has explained 44 Kshudra roga. Out of them, one is "Mashak". Mashak is a disease caused due to the vitiation of Vata and Kapha, which may appear anywhere on the body involving twak and meda. According to Charak, Sushrut, and Vagbhat the causative factors responsible for Mashak are NijaKaranas.

In Sushrut sharirsthan detailed samprapti of Mashak has been explained in which dosha are vata and kapha and dushya are rakta and meda. Painless, fixed, raised, and blackish are the cardinal symptoms explained by Acharya Sushrut and Vagbhat. While explaining the treatment modalities Kshar and Agni karma are been explained by various acharyas. Vagbhat and Astang hrudaya has given detailed description about kshara and ksharkarma. In Madhav nidana, sharangadhar Samhita, Yogarathakara, Chakradatta description about Kshar is found. Agnikarma in the treatment of has been explained by Ashtang hruday, Charak, and Sushrut.

According to the modern perspective, Mashak can be compared with Warts. Warts are the benign tumors of the epidermis caused by the virus Human Papilloma Virus. Warts are classified into two categories as Cutaneous Warts and Mucosal Warts. While explaining the treatment for Warts therapies such as Local destructive, Topical cytotoxic therapy, Immunomodifiers, Immunotherapy has been explained.

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